WORKSHOP

FAR AWAY PLACES

Preparing for Overseas Moves

RELOCATION ASSISTANCE PROGRAM

Moving Made Easy

Welcome

- Introductions
- Nature
- Expectations
- Agenda
- Timing

Objectives

- Understand culture shock
- Understand the Intercultural Adjustment Cycle and gain insight into cultural differences
- Learn some adaptation skills
- Learn tips for planning an international move
- Understand benefits and allowances for overseas moves

Adaptation

- International Assignments
  - Fact of life in the military
  - All ranks and all services
  - No personal adaptation screening except for medical

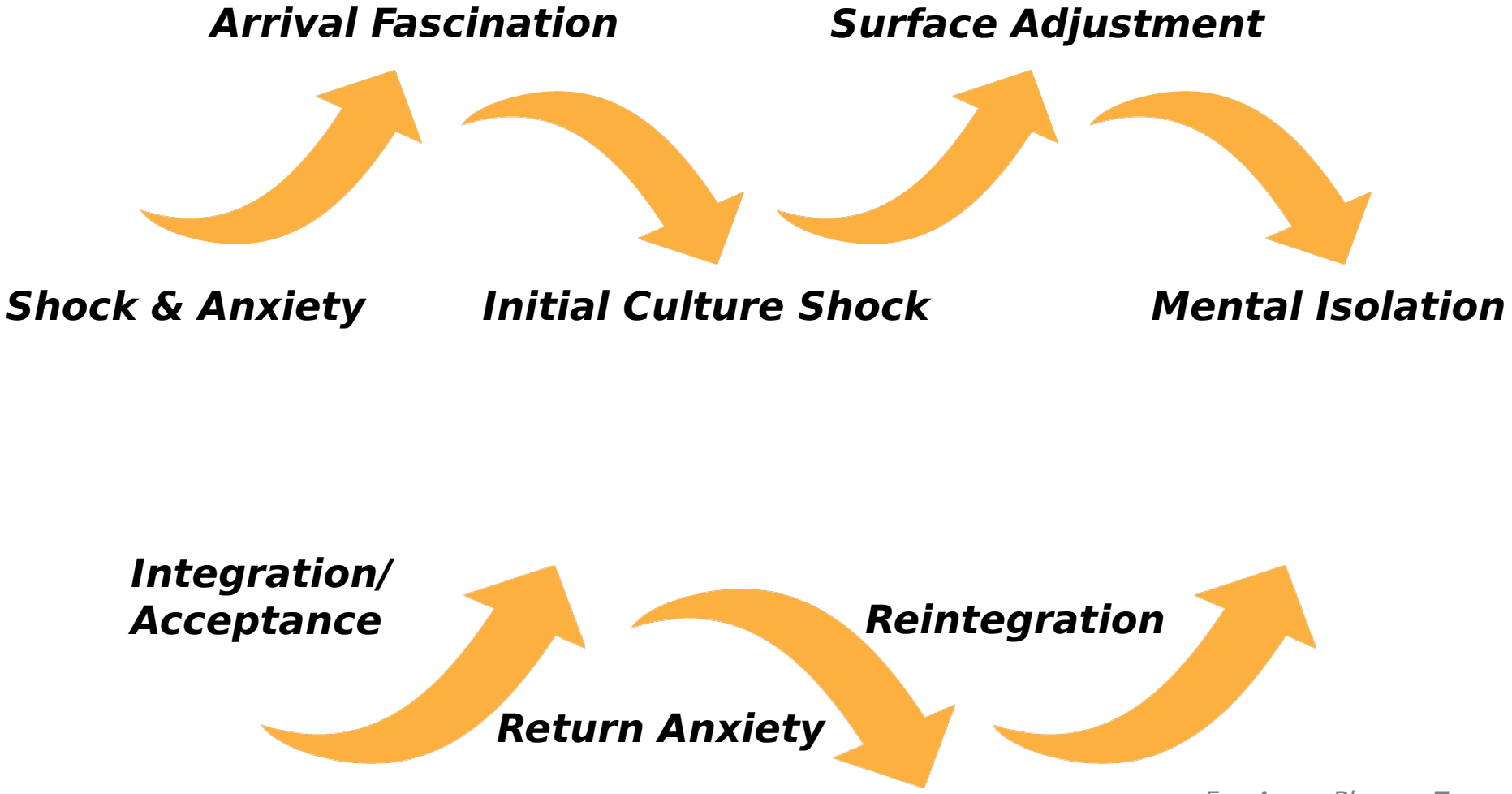
Stress

- Always present
- Can be positive or negative
- Different family members react in different ways
- Similar to grieving process

Culture Shock

- Everyone experiences it
- Customs
- Language
- Phases

Intercultural Adjustment Cycle



Cultural Assumptions and Values

- Personal beliefs impact interpersonal relationships
- Our beliefs impact our view of the world
- Values are inbred and not easily changed
- Review Rhinesmith’s work

Basic Rules for Surviving a Foreign Culture – without Offending

- Try to speak the language
- Speak your own language correctly
- Know about your own country and culture
- Eat the native foods
- Polite table talk
- Clothes are important
- Learn to say names correctly
- Timing is everything

CENTRAL INTELLIGENCE AGENCY

THE WORK OF A NATION. THE CENTER OF INTELLIGENCE.

Search >

- CIA Home
- About CIA
- Careers
- Offices of CIA
- News & Information
- Library
  - Publications
    - The World Factbook
    - World Leaders
    - CIA Maps & Publications
    - Additional Publications
  - Center for the Study of Intelligence
  - Freedom of Information Act Electronic Reading Room
  - Kent Center Occasional Papers
  - Intelligence Literature
  - Reports
  - Related Links
- Kids' Page
- Contact CIA

Mission

The Central Intelligence Agency (CIA) is an independent US Government agency responsible for providing national

Publications

THE WORLD FACTBOOK

--- SELECT A COUNTRY OR LOCATION ---

ABOUT | REFERENCES | APPENDICES | FAQs | CONTACT

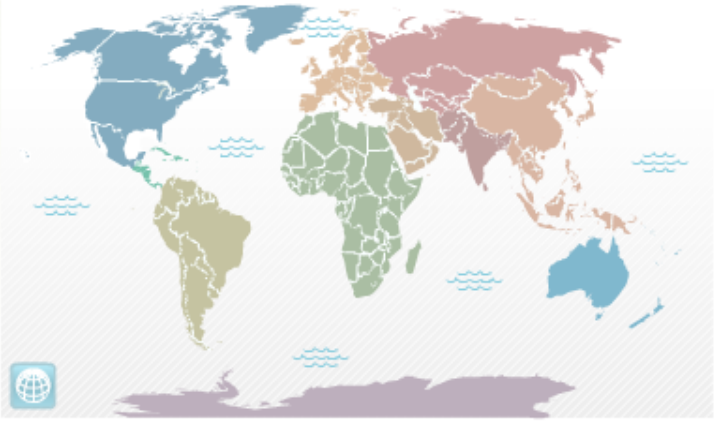
VIEW TEXT/LOW BANDWIDTH VERSION
DOWNLOAD PUBLICATION

WELCOME TO THE WORLD FACTBOOK

RSS

The World Factbook provides information on the history, people, government, economy, geography, communications, transportation, military, and transnational issues for 266 world entities. Our Reference tab includes: maps of the major world regions, as well as Flags of the World, a Physical Map of the World, a Political Map of the World, and a Standard Time Zones of the World map.

SELECT A REGION OR CONTINENT



REGIONAL MAPS

FLAGS OF THE WORLD

GUIDE TO **COUNTRY COMPARISONS**

DID YOU KNOW?

WHAT'S NEW :: Today is: Saturday, July 17

July 01, 2010 - Many fields in the Economy category have been updated with the latest available annual data, including "Labor force," "Unemployment rate," "Budget - revenues and expenditures," "Public debt," "Inflation rate," "Current account balance," "Exports," "Imports," "Reserves of foreign exchange," and "Direct foreign investment."

June 18, 2010 - The fields in the Economy category for "Stock of money," "Stock of quasi-money," "and "Market value of publicly traded shares" have been updated with the latest available data.

June 04, 2010 - Significant updates entered under the Government, Economy, and Military categories. The Country Comparisons function now also appears in the 'World' entry to allow users to quickly view how countries rank in 58 different Factbook fields.

Internet 100%

New Consular Fees Take Effect July 13, 2010

On July 13, 2010, fees for passports, immigrant visas and other consular services changed. The revised fees cover actual operating expenses for the 301 overseas consular posts, 23 domestic passport agencies and other centers that provide these consular services to U.S. and foreign citizens. More»

CLOSE

Travel Documents

Passports (U.S. Citizens)

- Get or Renew Passport
- Check Status of Your Application Online
- Lost or Stolen Passport
- More...

Resources

Foreign Per Diem Rates

- Travel Per Diem Allowances for Foreign Areas
- More...

Preparing for a Trip Abroad

- Sign Up for Email Travel Warnings

Emergency Information

For Americans Abroad

- Crisis Situations
- Victims of Crime
- Financial Assistance
- Medical Emergencies
- Lost or Stolen Passports

NEED MORE TRAVEL RESOURCES?

- VISIT TRAVEL.STATE.GOV

Highlights

Travel During Hurricane and Typhoon Season

American citizens considering travel to

- From the Under Secretary
- Bureau of International Narcotics and Law Enforcement Affairs
- Bureau of African Affairs
- Bureau of European and Eurasian Affairs
- Bureau of East Asian and Pacific Affairs
- Bureau of Near Eastern Affairs
- Bureau of South and Central Asian Affairs
- Western Hemisphere Affairs
- Bureau of International

Under Secretary for Political Affairs

The Under Secretary for Political Affairs, William J. Burns is the Department's third-ranking official and its senior career diplomat. The Under Secretary serves as the day-to-day manager of overall regional and bilateral policy issues, and oversees the bureaus for Africa, East Asia and the Pacific, Europe and Eurasia, the Near East, South and Central Asia, the Western Hemisphere, International Organizations and International Narcotics and Law Enforcement.

The Assistant Secretaries of the geographic bureaus and offices advise the Under Secretary and guide the operation of the U.S. diplomatic missions within their regional jurisdiction. They are assisted by Deputy Assistant Secretaries, office directors, post management officers, and country desk officers. These officials work closely with U.S. embassies and consulates overseas and with foreign embassies in Washington, DC.

The Bureau of International Organization Affairs (IO) develops and implements the policies of the U.S. Government within the United Nations and its affiliated agencies, as well as within certain other international organizations. The IO Bureau engages in what is known as multilateral diplomacy to promote and defend the many overlapping interests of

Highlights

Travel to Asia

Under Secretary Burns is traveling to Thailand, Cambodia, Indonesia, and the Philippines July 14-22.

Iran Policy in the Aftermath of UN Sanction

A-Z List of Country and Other Area Pages

A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | X | Y | Z

See Also:

- Independent States in the World
- Dependencies and Areas of Special Sovereignty
- State Department Country Background Notes

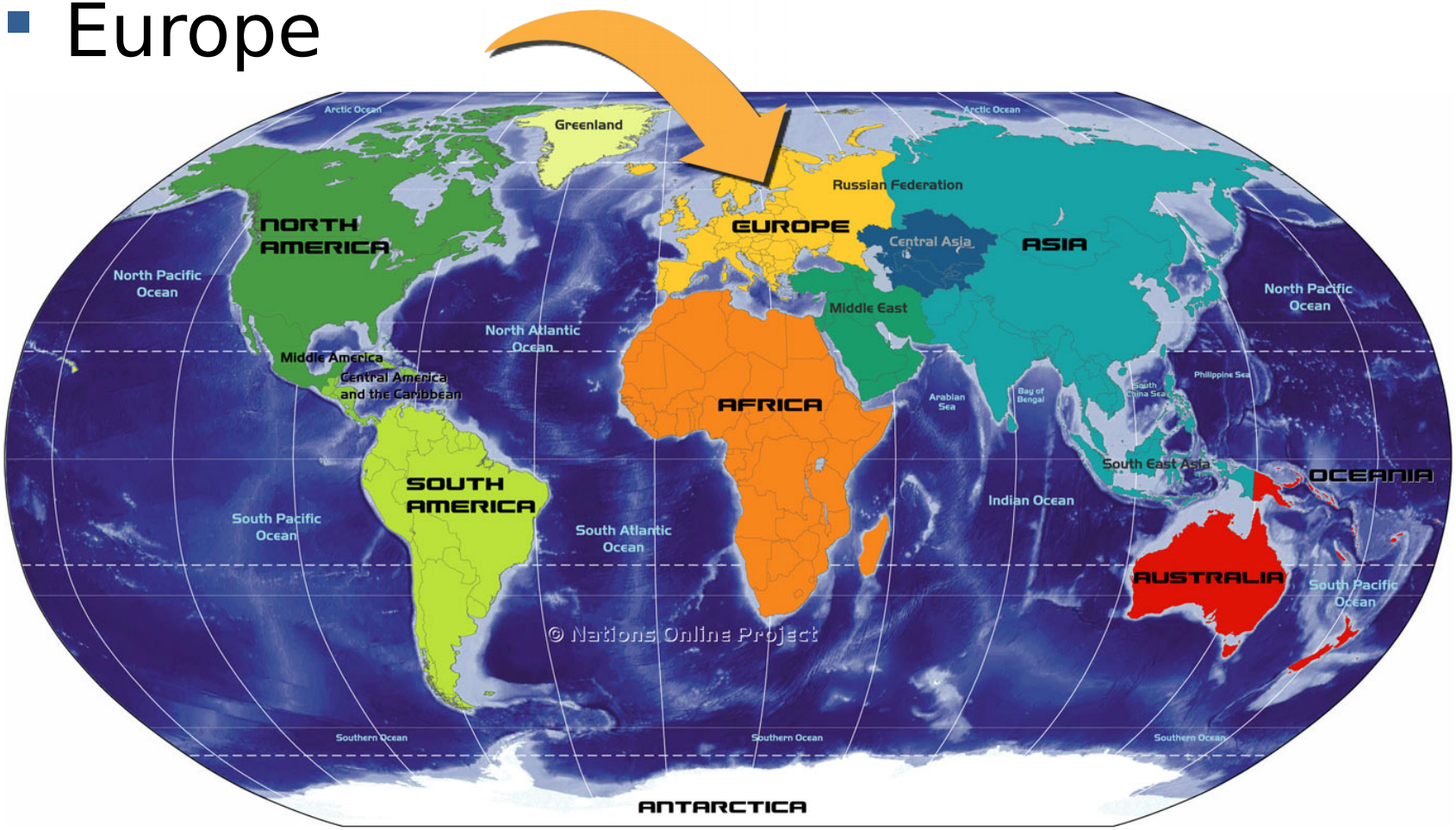
A

Afghanistan
Albania
Algeria
Andorra
Angola

Internet | 100%

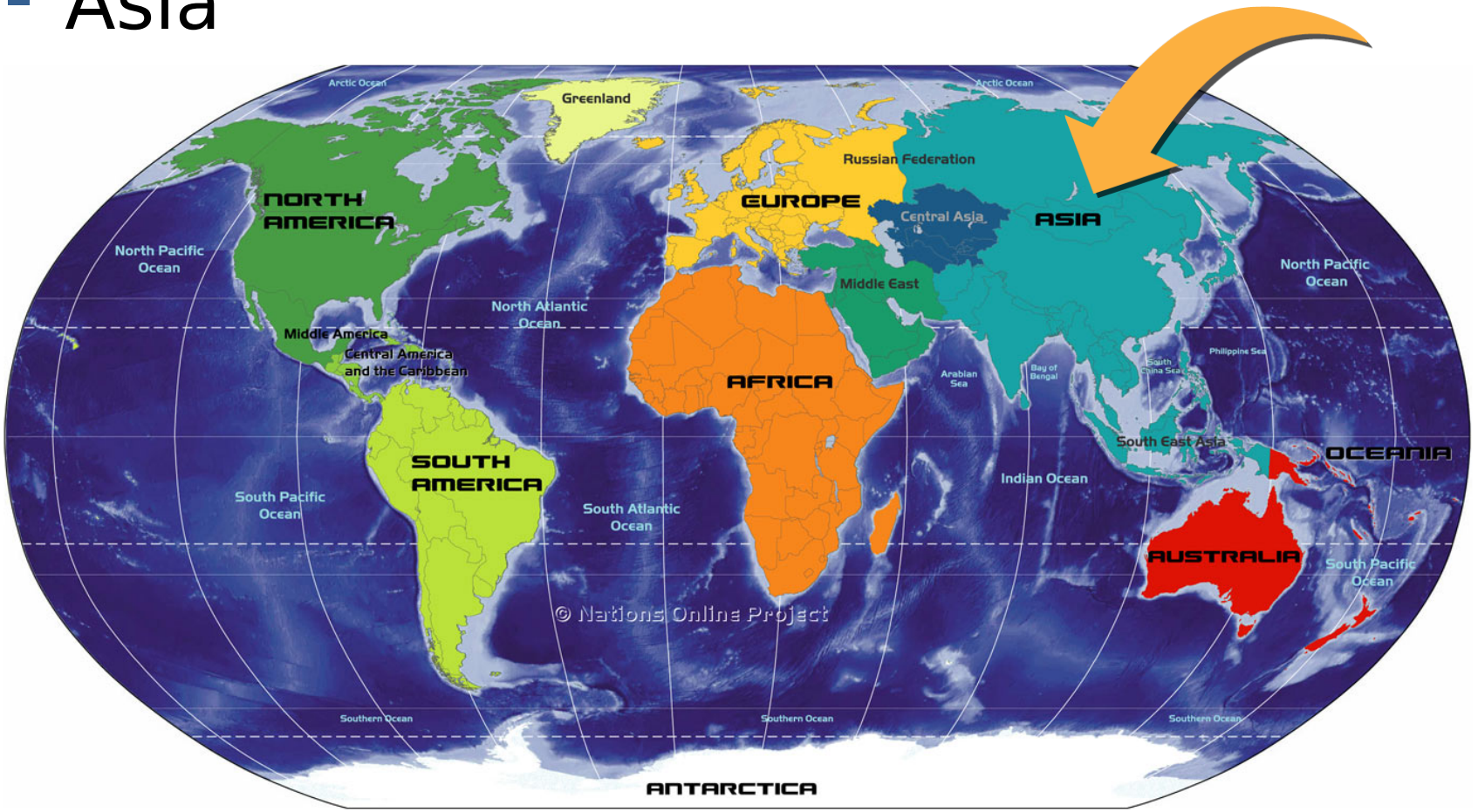
General Rules for Adapting

- Europe



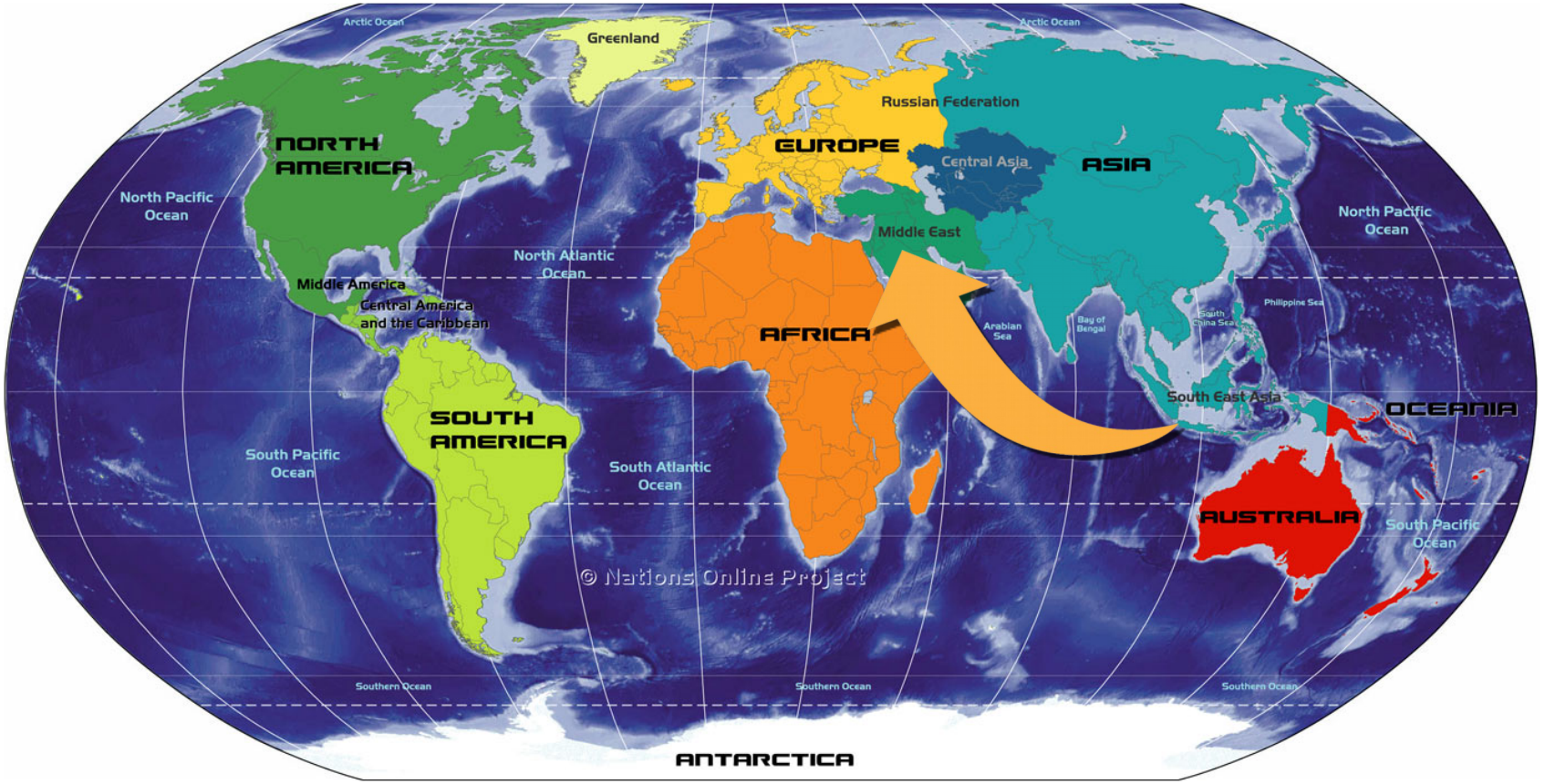
General Rules for Adapting (Cont.)

- Asia



General Rules for Adapting (Cont.)

- Middle East



Planning an Overseas Move

- Acknowledge feelings & be proactive
  - Tips for preparing children
  - Tips for preparing other family members
- Passports/Visas
- Overseas clearance
- Planning travel

Planning an Overseas Move (Cont.)

- Schedule Chores
- Checklists
  - Documents to Hand Carry
  - Pre-Departure Checklist
  - Arrival Checklist

PLAN MY MOVE

Military OneSource 24/7 family assistance 1-800-342-9647

Take charge of your PCS move. **Plan My Move** provides you with access to information about your entitlements and benefits, to points of contact, checklists, planning tools, and information on education and employment. Plan My Move will put you and your family in charge of a smooth relocation to your new duty assignment. Fill in the following information about your move, click "Get Moving" and we will get started. *If your new assignment cannot be found, select a nearby installation.*

Plan My Move gives you the option of storing the entries below plus it allows for creating a custom plan and calendar designed just for you and your family. Begin customization by creating an account. With a custom plan, you don't have to reenter your information each time you return. You just sign-in and get to work!

Where are you currently stationed?

Enter Installation Name or Location above or click here for the installation lookup screen.

Where are you being reassigned?

Enter Installation Name or Location above or click here for the installation lookup screen.

When do you plan to depart? 16-JUL-2010

DD-MON-YYYY (e.g. 01-JAN-2000)

Is this your first move?
(Designed for service and family members moving from advanced training.) YES NO

Do you have a family member with special needs? YES NO

Get Moving

Sign In to Customize Your Move.

Email Address

Password

Sign In »

Forgot Password?

New User? Sign Up now >>

Read this important information first »

[Select a Topic]

Departure: 16-JUL-2010 Calendar: CONUS - OCONUS

Travel Checklist | Arrival Checklist | Documents to Hand-carry | Important Telephone Numbers | Print Your To Do List | Print Calendar

April 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	01	02	03
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19	20	21	22 Tell Family About Move -- Discuss With All TIP Contact Relocation Manager TIP	23 Plan Relocation Budget TIP Research New Location TIP	24
25	26 Contact the Origin Transportation Office TIP Apply for Passports and Visas TIP	27 Contact Destination Housing Office	28 Planning Day/Hold Family Meeting -- Find Single and Family Checklists	29 Inventory Personal Property TIP Determine Items for Unaccompanied Baggage and Permanent Storage TIP	30 Research Schools TIP Evaluate Government Housing Options TIP	01

May 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	01
02	03 Research Travel	04 Notify Housing	05 Planning	06 Renters Begin	07 Track Moving	08

Internet 100%

Military INSTALLATIONS

Your official DoD source for installation and state resources available to active duty, guard and reserve service and family members.

Installations • View articles, photos, major unit listings and contacts for programs and services worldwide. If you can't find an international location, try visiting the Department of State country information.

States • View articles and local, state and national resource directories

Get started!

Looking for particular installation or state?

Enter an installation [View a directory of installations]

GO »

Or, enter a state

GO »

Looking for specific program or service?

Select a program or service

ALL

Then, enter an installation [View a directory of installations]

Or, enter your postal code

Within 10 miles

GO »

Are you a service provider looking for a program or service across all installations? Simply select the program or service and then choose any installation or enter any zip code. A downloadable directory for all installations will be available on the results page.

Moving to a new assignment?

Take control of your move. Use our customizable calendar tool to create a unique personal moving plan. The calendar contains to do lists, checklists, phone lists, and links to critical moving information from budget planners to choosing a school.

To begin, select your departure date, departure and destination locations and get moving now!

Plan My Move

Are you a sponsor?

Have you been assigned official sponsorship duties? Log on to the CAC enabled eSponsorship Application Training (eSAT) to get started »

Interested in learning about how to become a sponsor? Learn more about the process »

Private Help 24/7

Call and Talk Anytime

1.800.342.9647

or call OCONUS: GO

Counseling

E-mail and get answers

International Relocation

Articles

- Culture Shock
- Finding a Job Overseas as a Military Spouse
- Getting Your Vehicle Ready for Storage
- Helping Your Teenager Drive Overseas
- Living Abroad During Times of Unrest
- Moving Overseas: Your Belongings
- Temporary Lodging While You Wait for Installation Housing
- Transferring Your Occupational License or Certification
- Travel in Times of Terrorism, War, and World Uncertainty

Online Library Resources

- Culture Grams

Web Links

- Air Force Community
- Air Force Move
- Department of Defense Education Activity (DoDEA)

Overseas Benefits and Allowances

- Dislocation Living Allowance (DLA)
- Move-in Housing Allowance (MIHA)
- Per Diem
- Household Goods
- Overseas Housing Allowance (OHA) and Advanced OHA

Overseas Benefits and Allowances (Cont.)

- Temporary Lodging Allowance (TLA)
- Temporary Living Expense (TLE)
- Cost of Living Allowance (COLA)
- Emergency Leave

Dislocation Allowance

- Designed to partially reimburse a service member for expenses incurred when relocating
- Based on pay grade and dependency status
- Does not require repayment
- Eligibility requirements apply

Move-in Housing Allowance

- Covers occupancy-related expenses
- Must be eligible for OHA
- Paid in a lump-sum
- Designed to cover expenses for security, rent-related taxes or fees, and expenses such as major appliances, improvements, etc.

Per Diem Allowance

- Flat rate for each day of travel
- May be drawn up to 10 days in advance
- Dependents receive a percentage of service member’s amount
- Rates vary depending on overseas destination

Household Goods

- Weight Allowance
- Personally Owned Vehicle (POV)
- Professional Books Papers and Equipment (PBP&E)
- Unaccompanied Air Baggage (UAB)
- Protecting your HHG
  - Insurance
  - Claims

Professional Books Papers and Equipment

- Do not figure into allowed household weight
- Spouse also has small allowance for their job related books and equipment
- Includes books, materials, equipment, and specialized clothing essential to perform official duties

Unaccompanied Air Baggage (UAB)

- Assemble an express shipment
- Designed to sustain families through the first 60 days
- May include personal clothing, linens, kitchen basics, toys, baby essentials, professional books and materials
- Loan Locker available through Family Centers at some locations

Overseas Housing Allowance (OHA)

- Replaces BAH overseas
- Is not available at all locations
- You must apply

Temporary Lodging Allowance (TLA)

- Offsets cost of temporary lodging and meals when arriving or departing OCONUS
- Amount depends on per-diem rate, family size, and other variables
- May be advanced but keep receipts
- Be aware that Relief Society loans and grants are not available when receiving TLA

Temporary Lodging Expense (TLE)

- Up to $290 per day to offset cost of food and lodging
- Available for a maximum of 10 days at either your old or new duty station in CONUS
- Available for a maximum of 5 days if transfer is to OCONUS
- Reimbursement-only benefit

Cost of Living Allowance (COLA)

- Designed to help service members maintain same standard of living when living in high-cost areas
- Depends on location, cost of living, exchange rates, pay grade, and number of family members

Emergency Leave Travel

- Commercial vs. Government
- International
- Limited within US

DEPARTMENT OF DEFENSE
PER DIEM, TRAVEL AND TRANSPORTATION ALLOWANCE COMMITTEE

SPECIAL ANNOUNCEMENT

The staff and responsibilities of the Per Diem, Travel and Transportation Allowance Committee (PDTATAC) merged with the Defense Travel Management Office (DTMO) on October 1, 2008, streamlining central management of commercial travel policy for DoD. The PDTATAC Division provides administrative and technical support to the Per Diem, Travel and Transportation Allowance Committee in the areas of uniform travel, transportation, and other allowance regulations. Visit the DTMO Website.

The purpose of the Committee is to ensure that uniform travel and transportation regulations are issued pursuant to Title 37, United States Code, other applicable laws, and decisions of the Comptroller General of the United States, for members of the seven Uniformed Services. In connection with civilian employees of the Department of Defense, the primary purpose of the Committee is to issue uniform regulations implementing the Federal Travel Regulations (FTR), Statutory requirements, Executive orders, and decisions of the Comptroller General of the United States. (PDC Charter ***April 20, 1988***; LAW ***37 USC 411*** and ***1001***; DoD Directive ***5154.29 March 9, 1993***)

PROGRAMS

Basic Allowance for Housing

The intent of BAH is to provide uniformed service members accurate and equitable housing compensation based on housing costs in local civilian housing markets, and is payable when government quarters are not provided.

CONUS COLA

Compensates for a portion of excess costs for non-housing expenses incurred in areas that exceed costs in an average U.S. military location by more than 8%.

Overseas COLA

A supplement for uniformed service personnel designed to equalize purchasing between members overseas and their CONUS-based counterparts.

Overseas Housing Allowance

OHA compensates members of the uniformed services for the majority of housing expenses.

Employment Options

- Status of Forces Agreements (SOFA)
- Volunteering
- Education

Summary and Wrap up

- Review Expectations
- Follow up – Due Outs
- Review Resources
  - Websites
  - Handouts
- Evaluations

RELOCATION ASSISTANCE PROGRAM

Moving Made Easy

Created for you by the Department of Defense
Relocation Assistance Program

Providing policy, tools, and resources to further enhance the quality of life of service members an
their families